

VT MUNCH TIMES

Coming to a Tray near You!

5/1/14

VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!

Munch on this:

Policy Update: Land of the Free

Did you know that all of your Food Service program materials must have the USDA Non-Discrimination statement? Whether it is a one page menu or a Food Service Handbook for the parents, the non-discrimination statement must be present on the document. The full statement should be used on all documents unless the material does not have enough space for the statement in its entirety.

The full statement:

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete [the USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

USDA is an equal opportunity provider and employer.

If space does not permit for the entire statement, a shortened statement may be used as long as it is in print no smaller than the text used in the document itself.

The Short Statement: USDA is an equal opportunity provider and employer

Don't be left out in the cold:

Do you know someone who should be on the School Meals Program Distribution list? If you do, please send that person's email address to Cheryl Barrows at Cheryl.barrows@state.vt.us!

Nutrition News: It's Not Easy Being Green

Did you eat your greens today? Is it like pulling teeth to get your students to eat their greens? [Green Mountain Farm-to-School](#) Harvest of the Month for May is "Leafy Greens" and with all of the dressing [recipes](#) they have posted, you will be hard pressed to not get your students eating up their greens. These nutrition powerhouses are brimming with fiber along with vitamins, minerals, and plant-based substances that may help protect you from heart disease, diabetes, and perhaps even cancer. You don't just have to serve a salad either. How about [sautéed greens with garlic](#) or even [kale chips](#)? Let's go green!

Save the Date:

Child Nutrition Programs' Summer Institute will be held August 11 – 15th at St. Johnsbury Academy. Be on the lookout for more info to come!

Grant Opportunities:

The application for the [Fresh Fruit and Vegetable Program](#) for the 2014 – 2015 school year has arrived! The FFVP provides funding for fresh fruits and vegetables served to all children in participating schools throughout the school day. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options. To be selected for the FFVP, your school must operate the National School Lunch Program and are those in which 50% or more of students are eligible for free or reduced price meals. Schools between 40 and 50% may also be considered once all 50% and higher schools have submitted their applications. Click [here](#) to get the application!

Applications to apply for the Fresh Fruit and Vegetable Program are due May 23, 2014.

Recipes: Spice Up Your Menu

New School Cuisine Cookbook

Our latest resource to help schools meet the new USDA meals pattern and use fresh and local products in school meals.

Available online! http://education.vermont.gov/documents/EDU-New_School_Cuisine_Cookbook.pdf

Cookbooks Galore

A compilation of school food service cookbooks from all over the country

<http://healthymeals.nal.usda.gov/recipes/recipes-school-food-service>

Resources:

Whole Grain Resource for the National School Lunch and Breakfast Programs

A Guide to Meeting the Whole Grain-Rich Criteria.

<http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>

Harvest of the Month by [Green Mountain Farm-to-School](#), [Food Connects](#) and [Upper Valley Farm to School](#):

May's *Harvest of the Month* is Mixed Greens. The versatility of mixed greens, in flavor, shape and application is enormous! They can accompany any type of dish and, many varieties can be eaten raw or cooked. No matter what the season, fresh greens can end up on your plate. Mixed greens are excellent sources of vitamin A, B1 (thiamine), B2 (riboflavin), B9 (folic acid) and C, as well as the minerals calcium, chromium and manganese. Did you know that in China, lettuce represents good luck?

Posters, recipes, kid-friendly eating tips, lesson plans and more can be found for FREE download at www.VermontHarvestoftheMonth.org.

Free, Online, College-level Courses in Food and Nutrition (and other subjects)

Available at [Coursera](#) and [EdX](#).

Find loads of resources and training opportunities on everything from regulations to recipes to nutrition education at:

[National Food Service Management Institute](#)

[School Nutrition Association](#)

[GCF Global Learning](#)

[School Meals Vermont](#)

"Procuring Local Foods For Child Nutrition Programs"

Interested in purchasing local foods for your school meals programs? Make sure you're following federal procurement regulations! The USDA Farm to School Program has just published a great comprehensive guide to procuring local foods aimed at School Food Authorities. You can find the guide here:

http://www.fns.usda.gov/sites/default/files/F2S_Procuring_Local_Foods_Child_Nutrition_Prog_Guide.pdf

How USDA Foods support the new Meal Pattern requirements

http://www.fns.usda.gov/sites/default/files/Meal_Pattern_USDA_Foods_Chart_Sept2013.pdf

USDA Foods Fact Sheets

This is where you can find nutrition information, as well as product descriptions, storage info, and preparation/cooking instructions for all USDA Foods. <http://www.fns.usda.gov/fdd/nsfp-usda-foods-fact-sheets>

Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

VT Munch Times is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Marianna Charalabopoulos, Child Nutrition Consultant, at (802) 479-1254 or marianna.charalabopoulos@state.vt.us

“USDA is an equal opportunity provider and employer.”

Vermont Agency of Education | 219 North Main Street, Suite 402 | Barre, VT 05641

education.vermont.gov | facebook.com/VTEducation